

DANCE BALLET 1

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 1 – 3 (Ages 5 – 8)

REQUIREMENTS:

- Gym Mat
- Ballet uniform & shoes (pink)

WHAT YOU'LL LEARN IN THIS COURSE:

- Brief History in Ballet and Class Etiquette
- Basic Positions of the Arms and Feet
- Basic Barre and Center Exercises and Stretching
- Ballet Vocabulary

SESSION SUMMARY

SESSION 1

Brief History in Ballet + Class Etiquette and Rules + Basic Positions of the Arms and Feet

SESSION 2

Barre Exercise (Warm-up, Plie, Tendus, Jetes and Rond De Jambe) + Stretching (Splits and Leg Extensions)

SESSION 3

Barre Exercise (Warm-up, Plie, Tendus, Jetes, Developpe, and Grand Battement) + Vocabulary Review

SESSION 4

Barre Exercise (Whole session 2 and 3) + Quiz (Vocabulary) + HW

SESSION 5

Barre Exercise (Fondus, Frappes, Adagio, and Grand Battement) + Stretching (Splits and Leg Extensions)

SESSION 6

Barre exercise + Center Exercise (Plies, Tendus, and Jumps)

SESSION 7

Barre Exercise + Center Exercise (Battements, Glissades and Jetes) + Reminder of Output HW

SESSION 8

Barre Exercise + Assesment of HW Output